

# DINNERLY



## Reduced-Carb Pork Meatball Soup

with Coriander, Carrots and Pak Choy



30 minutes



2 Servings

This one-pan wonder is warming for the soul yet light on the carbs. Simmered with juicy meatballs, tender veggies and fresh herbs, it's absolutely delicious too.

#### WHAT WE SEND

- 1 bunch pak choy
- 2 carrots
- coriander
- 1 spring onion
- pork mince
- 2 tbs hoisin sauce <sup>1,6,11</sup>

#### WHAT YOU NEED

- 2 garlic cloves
- 2 tbs vegetable oil
- 1 tbs soy sauce <sup>6</sup>

#### TOOLS

- medium saucepan

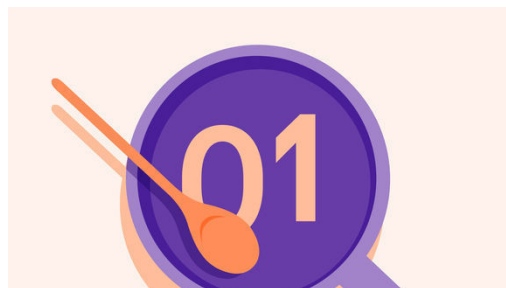
Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

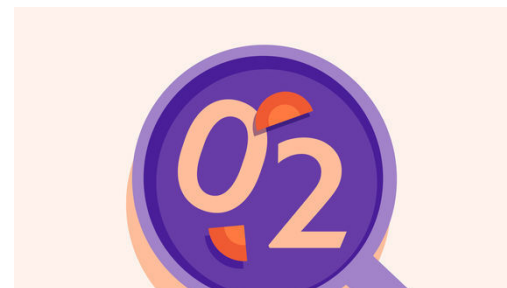
#### NUTRITION PER SERVING

Energy 550kcal, Fat 35.0g, Carbs 21.6g, Proteins 33.6g



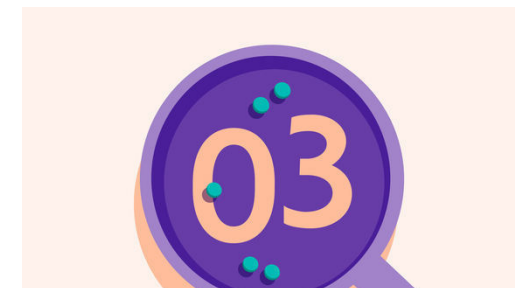
#### 1. Prep ingredients

Cut the **pak choy** into 3cm lengths. Peel the **carrots**, the halve lengthwise and thinly slice on an angle. Finely chop the **coriander**, keeping the leaves and stems separate. Thinly slice the **spring onion**, keeping the white and green parts separate. Crush or finely chop **2 garlic cloves**.



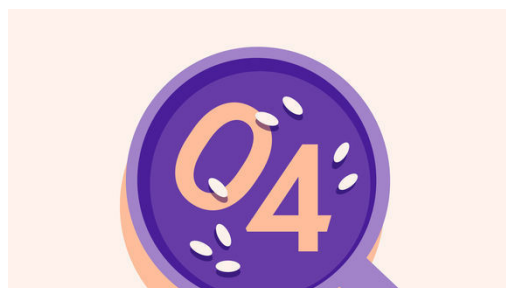
#### 2. Make meatballs

Put the **pork mince**, **coriander stems** and **garlic** in a large bowl and season with **salt and pepper** (see Make it yours). Using damp hands, combine well, then shape into walnut-sized balls.



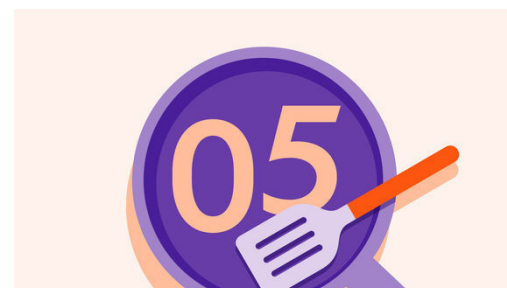
#### 3. Brown meatballs

Heat **2 tbs vegetable oil** in a medium saucepan over high heat. Cook the **meatballs**, turning occasionally, for 5 mins or until browned. Remove from the pan, reserving the oil in the pan. Return the pan to medium heat. Stir-fry the **carrot** and **white part of the spring onion** for 2-3 mins until fragrant.



#### 4. Simmer soup

Return the **meatballs** to the pan, add the **hoisin sauce**, **1 tbs soy sauce** and **500ml (2 cups) water** and stir to combine. Season with **salt and pepper**. Bring to the boil, then reduce the heat to medium and cook for a further 4-5 mins until the carrot is tender and the meatballs are almost cooked through.



#### 5. Serve up

Add the **pak choy** to the soup and cook for a further 1-2 mins until the pak choy is tender but still with crunch and the meatballs are cooked through. Divide the **soup** among bowls. Scatter with the **coriander leaves** and **remaining spring onion**. Enjoy!



#### 6. Make it yours

Like a kick of heat? Add a pinch of chilli flakes to the mince mixture or scatter over to serve if it's just for you.